

SUPPORT FOR CAREGIVERS AND LOVED ONES

Connect with other caregivers and loved ones to learn more about ED & how to support someone struggling, while gaining needed support for yourself

OG FAMILY, FRIENDS AND PARTNERS

Explore your experience of having a family member, partner or friend with an eating disorder.  
When: Tuesdays 6:30 – 8:00 pm  
Facilitator: Margaret Powell, BSc.OT (Reg), MEd,Psych

○ MOMS' GROUP: CARING FOR SOMEONE LIVING WITH AN EATING DISORDER  
Being a mother is one of life's most rewarding and challenging roles. Together, we will share our experiences of caring for a son/daughter living with an eating disorder, while learning to increase our own self-compassion and self-care in a safe and non-judgmental environment.  
When: Wednesdays 3:00 – 4:30 pm  
Offered: April 5th – June 7th, 2017  
Facilitator: Corinne Lee, CYC

WS CAREGIVER BEREAVEMENT

In this workshop, we invite you to share your experiences with others who have also lost a family member or friend to an eating disorder. Share in a respectful and safe environment, where you can utilize space to discover your own, personal way of understanding how to live with the death of your loved one. Together, we will bear witness to one another's loss.  
When: Wednesday, May 24th, 2017 from 6 – 8 pm  
Offered: 1 session  
Facilitators: Ali Henderson, BSW, MSW, RSW

SUPPORT GROUPS

Connect with others facing similar challenges through the sharing of experience and support

OG ADULT SUPPORT (Ages 17+)

For those wanting to talk about the challenges of living with an eating disorder, share successes, offer insights, and find and inspire hope. This group provides a supportive environment to facilitate discussion and encourage the sharing of solutions and strategies.  
When: Mondays 6:30 – 8:00 pm  
Facilitator: Maureen Mahan, RN, BA, MEd (OISE)  
Note: No group on Monday, May 22nd, 2017  
When: Fridays 10:00 – 11:30 am  
Facilitator: Lauren Drouillard, MSW, RSW  
Note: No group on Friday, April 14th, 2017

OG YOUNG ADULT (Ages 17 – 30)

This group provides support for young adults who are struggling with their eating and/or body image issues. There is a particular focus on issues specific to this age group, such as living independently, choosing careers, academic pressures and relationship concerns.  
When: Tuesdays 6:30 – 8:00 pm  
Facilitator: Victoria Freeman, MSW, RSW  
**NEW DAY/TIME!** When: Thursdays 1:00 – 2:30 pm  
Facilitator: Sara Robb, MSW, RSW

OG BREAKING THROUGH BINGEING

A supportive environment for those wanting to talk about the challenges of living with bingeing symptoms. Group members gain the opportunity to give and receive support in a facilitated discussion that encourages the sharing of solutions and strategies.  
When: Tuesdays 4:30 – 6:00 pm  
Facilitator: Nadine Salz, OT (Reg)

○ SUPPORT WHILE WE WAIT FOR TREATMENT

The experience of being on a waiting list for hospital treatment can be one that creates anxiety and can activate eating disorder symptoms. Together, let's use this space to support one another during this frustrating waiting process, and share coping strategies to continue moving toward recovery while we wait for treatment.  
**NEW TIME/DAY!** When: Tuesdays 5:00 – 6:30 pm  
Offered: April 4th – June 6th, 2017  
Facilitator: Victoria Freeman, MSW, RSW  
Note: This group is intended for individuals currently on a waiting list for hospital-based eating disorder treatment

○ MOTHERS LIVING WITH 'ED'

This group is a safe space for mothers with eating disorders to have their voices heard. Members will meet to offer one another support, share personal insights and strategies and nourish an overall sense of hope.  
When: Tuesdays 6:30 – 8:00 pm  
Offered: April 4th – June 6th, 2017  
Facilitator: Corinne Lee, CYC

○ ED ACROSS THE LIFESPAN (AGES 35+)

Together, let's explore the challenges that can come with aging and living with an eating disorder. With people your own age, this group works to build community, break isolation, and create space to share mid-life's challenges such as career and family changes, hormonal issues, chronic illness, stress and social expectations.  
When: Thursdays 6:30 – 8:00 pm  
Offered: April 6th – June 8th, 2017  
Facilitator: Ara Blumenfeld, BA, SSW, RSSW

○ BE THERE: MONTHLY MEN'S GROUP

A safe and non-judgmental space for self-identifying men to share their thoughts, feelings and struggles, while connecting with one another and learning valuable life skills which provide additional ways to cope, when needed.  
When: Last Monday of each month, 6 – 8 pm (please inquire)  
Facilitator: Jesse Hayman, BA, Director of Development & Communications at jack.org

EXPRESSIVE ARTS GROUPS

Express yourself using a variety of art forms

○ ART STUDIO

Every week participants are lead through different art projects using specific materials. The goal is to use art-making to build self-esteem, take risks, and find your creative voice.  
When: Wednesdays 1:00 – 3:00 pm  
Facilitators: Debbie Anderson, BA, dTATI & Sonya V. Thursby, dTATI  
Offered: April 5th – June 7th, 2017  
When: Mondays 6:00 – 8:00 pm  
Facilitators: Debbie Anderson, BA, dTATI & Sonya V. Thursby, dTATI  
Offered: April 3rd – June 5th, 2017  
Note: No group on Monday, May 22nd, 2017

C EXPLORING ED THROUGH THEATRE

Based in the art of theatre, we will use drama-based activities to create collaboratively, support each other in taking risks, and find new pathways to self-expression. No previous theatre experience required.  
**NEW DAY!** When: Tuesdays 1:00 – 3:00 pm  
Offered: April 11th – June 13th, 2017  
Facilitator: Kelsey Johnston, BA, MSW candidate

**NEW! C CREATIVE WRITING**  
Each week we will use different creative writing activities to explore our voice through poetry, storytelling, and more. Open to writers of all skill levels.  
When: Tuesdays 3:30 – 5:00 pm  
Offered: April 11th – June 13th, 2017  
Facilitator: Kelsey Johnston, BA, MSW candidate

○ ART JOURNALING

Art journaling can be a valuable way of bringing your inner experience out, and challenging ED behaviours. This session we will focus on bringing Mindfulness into your life. No art experience necessary.  
**NEW TIME!** When: Thursdays 1:00 – 3:00 pm  
Offered: April 6th – June 8th, 2017  
Facilitator: Debbie Anderson, BA, dTATI

**NEW! ○ EIGHT IN EIGHT**

During this eight week art making group, we will explore eight interesting artists including Jean Michael Basquiat, Henry Moore, Keith Haring, and Jessie Buchanan. Each week we will learn about a particular artist and his or her style—then we will playfully experiment with art making using that style as inspiration.  
When: Thursdays 4:00 – 6:00 pm  
Offered: April 6th – June 8th, 2017  
Facilitators: Sonya V. Thursby, dTATI  
Note: No groups on Thursday, April 27th and Thursday, May 4th, 2017

BODY IMAGE GROUPS

Through discussion and/or gentle movements, learn skills to reconnect with your body

○ NURTURING THE MIND, BODY AND SPIRIT WITH YOGA

Combining yoga and meditation, this class will help you become present in your body and bring peace to the mind. All levels welcome and no prior experience necessary: the instructor will guide you through a 90 minute class designed to awaken a sense of connection to your true inner self.  
**NEW DAY!** When: Mondays 10:00 – 11:30 am  
Offered: April 3rd – June 5th, 2017  
Facilitator: Emma Baril, RYT 400  
Note: This group is offered off-site at Lotus Yoga Centre, 100 Harbord St, Toronto. \*You will need to bring a mat or rent one on site, as well as water and comfortable clothing.\*

C LIVING IN THE BODY WE'RE IN: TAKING ACTION

Using principles from Acceptance and Commitment Therapy (ACT), we will explore, together, ways to accept our thoughts and reactions to our bodies, without judgment, to take action in fostering an approach to living that is more in-line with our unique values. Come with an open mind and willingness to adventure into new places.  
When: Tuesdays 10:30 am – 12:00 pm  
Offered: April 4th – June 6th, 2017  
Facilitator: Lauren Drouillard, MSW, RSW

○ LEARN TAOIST TAI CHI: RECLAIM YOUR BODY AND YOUR HEALTH

Through the gentle continuous moving meditation of Taoist Tai Chi you will begin to calm your mind, body and soul. In a supportive environment, learn to let go of the cares and worries of everyday life and be in the present.  
When: Thursdays 6:00 – 7:30 pm  
Offered: April 6th – June 8th, 2017  
Facilitator: Margaret Powell, BSc.OT (Reg), MEd,Psych  
Note: This group is offered off-site at Fung Loy Kok Taoist Tai Chi: 134 D'Arcy St. (one block north of Dundas W./Spadina Ave)

RECREATIONAL PROGRAMS

Through fun, social connection, and community building with others, let's decrease isolation and the stresses of daily living

R SHEENA'S CAMP: A VACATION FROM ED

Join us at the 3rd annual Sheena's Camp: a Vacation from ED. This will be a safe and non-judgmental space for self-identifying women to take a break from the stresses of daily living and explore a variety of camp-inspired activities; focusing on team and friendship building, self-esteem, self-compassion, and most importantly, fun!  
**SAVE THE DATE!** September 16th and 17th, 2017  
Note: Registration will open in summer 2017

R COMPUTER TIME

Need access to the internet and/or a computer? Join us in the Sheena's Place library and sign up to use one of our laptops!  
**NEW DAY!:** When: Wednesdays from 3:00 – 4:30  
Offered: April 5th – June 7th, 2017  
Note: Please sign up at the front desk for a computer use period of 20 minutes. This is not a formal 'group' and a Facilitator will not be present.

R DROP IN SELF-CARE SPACE

Scheduling in self-care can be a challenge. We welcome folks to use this weekly space to drop by the Sheena's Place library and colour, knit, or read each week. Let's prioritize time for ourselves!  
**NEW DAY!:** When: Fridays from 1:00 – 2:30 pm  
Offered: April 7th – June 9th, 2017  
No drop-in space on Friday, April 14th, 2017  
Note: This is a drop-in space and not a formal group

SKILL BUILDING GROUPS

Structured groups with a focus on learning new skills for coping, reducing harm and creating change

C PERFECTIONISM IN PERSPECTIVE

Learn about perfectionism and how to work toward pursuing healthy standards rather than unrelenting high standards that can negatively impact your life.  
When: Wednesdays 1:30 – 3:00 pm  
Offered: April 5th – June 7th, 2017  
Facilitator: Sara Robb, MSW, RSW

**NEW! C COPING WITH BED (BINGE-EATING DISORDER)**

This group will be a judgment free, safe and supportive space to share the struggles of binge eating disorder. Together, we will learn and practice new skills and strategies to combat binge-eating symptoms. While no formal BED diagnosis is required, this group is intended for folks who struggle with BED symptoms.  
When: Mondays 3:00 – 4:30 pm  
Offered: April 3rd – June 5th, 2017  
Facilitator: Dr. Jamie Farquhar, PhD, CPsych  
Note: No group on Monday, May 22nd, 2017

**NEW! C CALMING THE STORM: AN INTRO TO MINDFULNESS**

Painful emotions and self-critical thoughts can be key triggers for ED behaviours. We'll explore what emotions are, how negative thoughts can feel hard to combat, and how we might cope more effectively using Mindfulness skills such as self-compassion, acceptance, and self-care. We'll tap into our strengths and values to move forward into a future more in-line with these.  
When: Tuesdays 3:00 – 4:30 pm  
Offered: April 4th – June 6th, 2017  
Facilitator: Roberta Boughton, M.Ed

C WHOLEHEARTED LIVING

Weekly sessions will focus on understanding and developing self-compassion, courage, and worthiness. Discussions are guided to encourage the development of strategies to address vulnerability and shame as well as the fostering of a wholehearted approach to living.  
When: Wednesdays 10:30 am – 12:00 pm  
Offered: April 5th – June 7th, 2017  
Facilitator: Joanna Potkanska, MSW, RSW

C A CLOSER LOOK AT ED AND TRAUMA

In a safe, supportive space, we will introduce the connections between trauma and eating disorders and discuss strategies to establish safety, regulate emotions and tolerate distress by reconnecting with ourselves and our bodies using guided meditations, experiential exercises and art. Previous participants are welcome.  
When: Mondays 1:00 – 3:00 pm  
Offered: April 3rd – June 5th, 2017  
Facilitators: Sonya V. Thursby, dTATI, and Lia Falzon, dTATI, Dip. ATPPP, R.P.  
Note: No group on Monday, May 22nd 2017

**NEW! C RELAPSE PREVENTION: SUPPORT IN RECOVERY**

This group will offer support for ongoing recovery struggles, also using structured educational materials. Understanding your unique relapse triggers and exploring what can help strengthen you in recovery will involve topics such as relapse prevention, supporting recovery, mindfulness, emotion regulation, addiction/the brain, resilience and stress management, depending on group needs.  
When: Wednesdays 6:00 – 7:30 pm  
Offered: April 5th – June 7th, 2017  
Facilitator: Roberta Boughton, M.Ed

**NEW! ○ INTRO TO NUTRITION: SKILLS TO NOURISH OURSELVES**

Physical nourishment is an important part of recovery that can feel very challenging. Each week, this group will discuss different topics related to nutrition and nourishing ourselves on our path to recovery- e.g., nutrition myths, grocery shopping, metabolism, how to deal with nutrition messages in the media and more! Let's work together and offer support as we learn skills to nourish ourselves!  
When: Thursdays 1:30 – 3:00 pm  
Offered: April 6th – June 8th, 2017  
Facilitator: Samantha Goren, RD  
Note: This group is suggested for folks who feel 'ready' to engage in more explicit discussion around foods and nutritional information

○ NAVIGATING RECOVERY: CREATING A PATH THAT WORKS FOR YOU

Each week, this group will explore and discuss a variety of strategies that members personally relate to for having a better quality of life while working toward recovery.  
When: Thursdays 4:30 – 6:00 pm  
Offered: April 6th – June 8th, 2017  
Facilitator: Leslie McCallum, MSW, RSW, PhD Student

**NEW! ○ LIFE OUTSIDE OF ED: EXPLORATION THROUGH GOAL SETTING**  
This group will support members in further exploring their identity and values in the pursuit of a life, less defined by ED. Each week, we will set goals together around specific areas of our lives, such as relationships, distress tolerance, and self-compassion, to ultimately work at exploring our lives outside of ED.  
When: Thursdays 6:30 – 8:00 pm  
Offered: April 6th – June 8th, 2017  
Facilitators: Julia Pearce, OT (Reg), and Nadine Salz, OT (Reg)

**WORKSHOPS**  
Limited 1 workshop per person.

**NEW! WS TRUSTING YOURSELF AND YOUR INTUITION**  
Intuition's most significant role is signaling us to the path, people, and environments that we will uniquely find fulfilling. How do we know how to trust out gut-feeling, and "inner voice"? Together, we can implement a gentle practice of self-compassion, to learn how to cultivate an inherent trust with our inner core, and follow our sense of intuition.  
When: Wednesday, April 19th, 2017 from 6 – 8 pm  
Offered: 1 session  
Facilitator: Ali Henderson, BSW, MSW, RSW

**WS DBT MINI-SERIES**  
Learn skills from all four DBT modules- Mindfulness, Emotion Regulation, Distress Tolerance and Interpersonal Effectiveness- in an interactive environment. With the support of the group, discuss how to apply these skills to further your recovery from an eating disorder.  
When: Thursday, April 13th; Saturday, April 22nd; Saturday, April 29th; Saturday, May 6th; from 9:00 am - 12:00 pm  
Offered: 4 sessions  
Facilitator: Cynthia Shea, BSW, MSW, RSW

**WS MEN AND BODY IMAGE**  
This workshop is a safe space for any self-identified male to explore and discuss the challenges they face with their body image. Together, let's learn skills and strategies to begin to work through these challenges.  
When: Monday, April 24th, 2017 from 6 – 8 pm  
Offered: 1 session  
Facilitator: Dr. Jamie Farquhar, PhD, CPsych

**NEW! WS COMBATTING CALORIE COUNTING**  
Given recent legislation changes on menus in Ontario, and the general misconceptions around 'healthy eating' in our society, how can we stay safe and continue to nourish ourselves on our path of recovery? Together, we will use this workshop to support one another with shared challenges and discuss strategies to combat calorie counting.  
When: Monday, May 8th, 2017 from 6 – 8 pm  
Offered: 1 session  
Facilitator: Courtney Watson, MSW, RSW

**WS DRUMMING FOR STRENGTH**  
Join Laura for an empowering workshop on samba-inspired drumming. No musical experience necessary! This will be an engaging and fun workshop where we will learn to drum together, make music, feel empowered and express our creativity. We will talk about how music and drumming can be powerful tools for personal healing and creating positive social change.  
When: Saturday, May 13th, 2017 from 1 – 4 pm  
Offered: 1 session  
Facilitator: Laura Hartley, BA, MES

**NEW! WS THE SKIN I'M IN**  
For centuries, the self-portrait has been a way for artists to show the world who they are from their own perspective. In this 3-part workshop, we will use self-portraiture to explore themes of race, shadeism, identity and how these things inform our own body image. \*Registration priority will be given to members of the BIPOC community (Black, Indigenous, people of colour)  
When: Wednesday, May 24th; Wednesday, May 31st; AND Wednesday, June 7th from 4:00 - 6:00 pm  
Offered: 3 sessions  
Facilitators: Marbella Carlos, BFA, BEd., OCT.  
Note: This workshop has been designed as a space for members of the BIPOC community (Black, Indigenous, people of colour).

**OTHER SERVICES**  
  
**ART GALLERY OF ONTARIO (AGO)**  
In partnership with the AGO, Sheena's Place offers clients free passes to a variety of exhibitions. The AGO card is available at the front desk for Sheena's Place clients to borrow one week at a time. It will admit two people to the Art Gallery of Ontario's permanent and special exhibitions for free. We require a \$5 deposit, which will be returned to you when you return the AGO card.

**LENDING LIBRARY**  
Our on-site library provides books and reference materials on eating disorders, mental health, body image, self-care, spirituality, gender, health education, and relationship issues. Clients may sign out a maximum of two books at a time and can borrow books for two weeks.

**WEBSITE**  
Our informational website provides an overview of our support services as well as information about eating disorders and some of the populations we serve.

**SOCIAL MEDIA**  
For inspirational quotes and group updates –  
Follow us on Twitter (@sheenasplace), and  
Like us on Facebook (facebook.com/sheenasplacetoronto).

- HOUSE POLICIES**
- We ask that you please respect other group members and arrive on time for the beginning of your group session. Knowing that life happens, we offer a 20-minute 'cushion' for members who may be running late. Group members who arrive more than 20 minutes after their group begins, however, will not be able to join that session.
  - Members who arrive late for the beginning of their group session 3 times will not be permitted to attend that group for the remainder of the season
  - We require a minimum of three group members to run a full 90 minute group session. If fewer than three members arrive, the Facilitator will run a 30 minute check-in with present members.

- A FEW GROUP GUIDELINE REMINDERS**
- In an effort to keep Sheena's Place as safe as possible for all members and to discuss emotions often underlying eating disorders, specific food, weight, dieting, calories, specific eating disordered behaviours or exercise behaviours are off-limit topics. You can refer to "struggling with behaviours or symptoms", but you cannot say, for example, "I used to weigh x number of pounds" or "I ran x miles".
  - While it's wonderful to be around people who can relate to challenges with ED, everyone has an individual recovery journey. With this in mind, own your feelings by speaking from an "I" perspective. The use of "you" may be interpreted as offering advice or an interpretation of someone else's experience.

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# WELCOME

## Program Calendar

Sheena's Place is a support center for individuals, families and friends affected by eating disorders. We provide a wide range of professionally facilitated groups that are support and skills-based. We are committed to inspiring hope, reducing stigma, raising awareness and offering meaningful and helpful information at all stages of recovery.

87 Spadina Rd. Toronto, Ontario M5R 2T1 Tel: 416.927.8900 Fax: 416.927.8844 [www.sheenasplace.org](http://www.sheenasplace.org)

Please visit us online at [www.sheenasplace.org/register](http://www.sheenasplace.org/register) for more information and to register for programs.  
**SPRING Registration Dates: March 20th – March 31st , 2017**  
**REGISTRATION & CONFIRMATIONS**  
You may register online or in person. Unfortunately, we are unable to take registrations via email, over the phone, or by mail. Confirmation emails are forwarded a week after the season's registration period ends. We encourage you to register as early as possible. We are only able to accommodate a certain amount of individuals in each group, and they are filled on a first come, first serve basis. Each group has a maximum number of participants. Registrations submitted prior to the opening of the official registration period will not be accepted.

- UNDERSTANDING GROUP CODES**
- C** Closed: Closed groups are seasonal. Registration is unavailable after the second session. Clients who do not attend the first two sessions are removed from the group. Individuals from the wait-list will then be added into the group for the third session. In order to establish a trusting and comfortable group dynamic, new participants will not be able to join the group after the third session.
  - Open: Open groups are seasonal. Clients can register anytime during the season they are offered, space allowing.
  - OG** Ongoing: Ongoing groups run throughout the year and are available to register/join at any time during the season.
  - WS** Workshop: Workshops are one-two day sessions exploring specific topics. Topics change by season.
  - R** Recreational: Our recreational programming requires no registration. Clients may inquire at front desk and come and go as they please.

For each season, you can register for up to two seasonal (OPEN or CLOSED) groups, one workshop, plus any of the ONGOING and RECREATIONAL groups.

**INFORMATION SESSIONS**  
We offer two kinds of information sessions—individual pre-booked information session OR a drop-in information session:  
**Individual Information Session**  
An experienced volunteer will speak with you either by phone or in person about Sheena's Place and our services. You will be able to learn and ask questions about our groups to get help in finding the right one for you. Interviews are open to those struggling with an eating disorder as well as family, friends, partners and professionals.  
If you are interested in scheduling an Individual Information Session, please call us ahead at: 416.927.8900 and we will happily provide more information on appointments.  
**Drop In Information Session**  
Fridays, 12:00 to 2:00pm, NO appointment necessary  
Ask questions about our groups and tour the house. Open to those struggling with an eating disorder as well as friends, family, partners and professionals.

Events: - Sheena's Place Annual Client Art Show on Thursday, June 22nd, 2017  
- 3rd Annual Sheena's Camp: A Vacation from ED on September 16th and 17th, 2017  
Holiday Closures: Friday, April 14th and Monday, May 22nd, 2017

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